

# Lindley Group Practice

www.lindleygrouppractice.co.uk

Telephone: 01484 516349

Fax: 01484 347081

LINDLEY GROUP PRACTICE  
62 ACRE STREET  
LINDLEY  
HUDDERSFIELD  
HD3 3DY

## Dr M Kaye

MBChB 1998 (male)  
GMC No 4547815

## Dr D O'Brien

MBChB 2003 (male)  
GMC No 6073427

## Dr P Johnson

MBBS 2005 (female)  
GMC No 6114868

## Dr L Flanagan

MBChB 2005 (female)  
GMC No 6122267

## Dr T Oughton

MBBS 2010 (female)  
GMC No 7075368

## Dr N Clayton

MBChB 2006 (female)  
GMC No 6134607

## Dr L Woodhead

MBBS 2011 (female)  
GMC No 7151563

## Dr L Douglas

MBChB 1994 (female)  
GMC No 4118318

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## PEARS SCHEME

**Have you got a sudden new eye problem? You can get this assessed free of charge at most local opticians.**

Help is at hand for people with new eye problems – If you are registered with a Kirklees GP and have a new eye problem, such as a red or itchy or a foreign body in your eye, you can now get this assessed at a number of local opticians practices. You do not need to see your GP first, and the optician will decide whether you need to be seen immediately or not, but you will always be seen within 24-48 hours.

This is thanks to the new **Primary Eye care Acute Referral Scheme** or **PEARS** for short. This means every optician participating in the scheme can examine and possibly treat you for the problem. If the optician finds your eye problem is more complicated they will be able to refer you to the hospital.

### The local opticians who are part of this scheme are:-

**BAYFIELDS** 01484 531938 (120 Westbourne Road, Marsh, Huddersfield HD1 4LF)

**BOTTOMLEY & RAMSDEN** 01484 643692 (55 Lidget Street, Lindley, Huddersfield, HD3 3JP)

**RAYNER OPTICIANS**- 01484 530357 (32 Princess Alexander Walk, Huddersfield, HD1 2RS)



## HAY FEVER

Please don't ask your GP for antihistamines on prescription. These medicines are available from supermarkets and pharmacies for under 9p a day. Last year the NHS in Kirklees spent around £1.3 million on medicines that you can buy over-the-counter. You can get advice on the best products to buy from your local community pharmacist and general advice can be found on the NHS Choices website at [www.nhs.uk](http://www.nhs.uk).

By visiting your pharmacy you will also help to free up valuable GP and nurse time which can be used to deal with more complex or serious health needs. A pharmacist will always advise you if they think you need to see a GP.

**Self help tips- it's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions such as:**

- \* Wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors.
- \* Taking a shower and changing your clothes after being outdoors to remove the pollen on your body.
- \* Staying indoors when the pollen count is high- over 50 grains per cubic meter of air. (The Met Office provides a pollen forecast)
- \* Applying a small amount of Vaseline (petroleum gel) to the nasal opening to trap pollen grains.



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## New Service - Clinical Pharmacist

The practice is continuing its commitment to benefit from the experience of a pharmacist. The pharmacist will be providing support to the surgery, completing many of the prescribing related issues.

Our clinical pharmacist **Haider Khan** will be able to undertake face to face medication reviews, long term condition reviews, new patients reviews for those who are regular medication and any other medication queries.

He will hold sessions on Tuesday and Thursday afternoons at the surgery which will be available to book via reception. We also have access to a telephone service provided on a Monday, Wednesday and Friday.

## Extended Hours Service

The General Practice forward view published by NHS England in April 2016 set out plans to enable clinical commissioning groups to commission and fund additional capacity across England.

This is to ensure that by 2020 everyone has improved access to GP services including sufficient routine appointments at evening and weekends to meet locally determined demand alongside effective access to out of hours and urgent care services.

The service for our patients will be provided via an 'Extended Access HUB'. The HUB is located on the ground floor at Huddersfield Royal Infirmary.

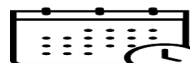
Appointments for the HUB need to be booked via the surgery.

## Physiotherapy Extended Hours Service

We now have access to book patients into a physiotherapy service which is available evenings and weekends.

These appointments are not intended to replace the normal physiotherapy service for people with long term problems, but they are suitable for patients who would benefit from physiotherapy to help restore movement and function, after an injury or illness.

Patients will need to see their GP first and if appropriate for this service an appointment will be allocated.



**Mission Statement: "To provide consistent, high quality, patient centred care"**



## Going abroad and need travel advice and/or travel vaccinations?



Our practice nurses offer travel vaccinations. As soon as you know of your travel destination please download the travel vaccinations form from our website [www.lindleygrouppractice.co.uk](http://www.lindleygrouppractice.co.uk) or alternatively call in to reception for the form.

Completed forms need to be returned to the surgery **6-8** weeks before travel.

Following this our nurses will contact you to book any appointments needed.

**If you do not allow us sufficient notice, we may be unable to offer you an appointment and you will be signposted to other local travel clinics.**

For further information please visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) for relevant vaccines for your travel destination.

## CHANGES TO THE APPOINTMENT SYSTEM AS OF 16<sup>TH</sup> APRIL 2018

We have worked hard to try and put in place an appointment system which works for both you as the patient and us as doctors. The open access clinic caused a situation where all patients are arriving at the same time which has resulted in overcrowding in both the building and car park, with long waits for patients.

The open access clinic has also had to be limited due to the number of doctors available. This is for safety reasons, as there are only so many consultations a doctor can do in a row each day before becoming fatigued. Patient safety is our utmost priority and for a doctor to see 25 patients in a row with multiple problems would struggle to keep the level of concentration required for each consultation. For the reasons above we **have completely stopped our open access clinics** and moved back to a completely appointment based system from 16<sup>th</sup> April 2018

We would like to ask for your help when booking an appointment, as not every problem needs seeing by a doctor.

Local pharmacists offer very good advice for minor ailments such as coughs, colds, and sore throats.

Self-help information is available via our website and the NHS choices website.

Our receptionists have recently trained as care navigators and they are able to advise on local services available which may be more appropriate to your needs. Please listen to their advice as it will likely save you time but also ensure that patients who need to see a doctor get the appointment that they need.

Thank you for taking the time to read the above, please help us to help you.

## GP News

Dr Woodhead will be completing her maternity leave and returning to Lindley Group Practice from October 2018.

She will work Mondays/Tuesdays and Thursdays. As she will be returning to work on less hours, we have been able to recruit a new GP to maintain appointment availability.

Dr Parker (female) will be joining the Practice from October 2018 on three days per week. We look forward to welcoming her.

## Stay Well, Stay Hydrated!

Hot weather and lack of fluids can cause symptoms of dehydration like dizziness, dry mouth and headaches .

**Here are some handy tips to help you keep hydrated:**

- ⇒ Have plenty of cold drinks. Avoid excess alcohol, caffeine and hot drinks and drink water or fruit juice to rehydrate.
- ⇒ Keep out of the sun, which is at its hottest between 11am and 3pm.
- ⇒ Eat plenty of cold foods, particularly salads and fruit with a high water content.
- ⇒ If you are feeling dizzy or light-headed, sit down somewhere safe and ask someone to stay with you.
- ⇒ Avoid extreme physical exertion.



## \*\*\*PATIENT SURVEY\*\*\*

We would like to identify new premises for the practice. The current location was initially an ideal location, but over the years there has been an increasing need for more space to offer more services and accommodate more staff. The administration and reception area is very small and does not support the work of the reception and clerical team. The reception area also offers very little privacy to patients presenting at the counter. The staff who work in the practice are not able to offer the services they would like, due to the constraints of the building. It is not possible to solve these problems by extending or developing the current premises. To make sure that the practice can provide high quality care for patients in the future there is a need to look to move to better premises.

The practice wants to ensure that patient views are part of any decision to move to new premises, and as part of this plan we would like you to tell us what you think by filling out our short survey. The survey will run until Wednesday 1st August 2018. Please complete the survey online at [www.smartsurvey.co.uk/s/lindleygrouppractice](http://www.smartsurvey.co.uk/s/lindleygrouppractice) Paper copies are available to complete in the surgery.

## PRACTICE PROTECTED TIME 2018 DATES

The surgery will be closed from 1pm for mandatory staff training :

TUESDAY 17th JULY 2018

TUESDAY 21st AUGUST 2018

TUESDAY 18th SEPTEMBER 2018

TUESDAY 16th OCTOBER 2018

TUESDAY 20th NOVEMBER 2018

TUESDAY 18th DECEMBER 2018



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